

# Wildcats (9-11 Year Olds)

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## NetWall Games

1. 1v1 / 2v2 Goals
2. Attach V Defence Waves
3. Catch Tennis
4. Foot Tennis Knock Out
5. No Dribble Basketball
6. No Dribble Handball
7. One / Two Touch Football
8. Passing Lines
9. Piggy in the Middle
10. Roll 1v1 / 2v1 / 2v2
11. Team Tag Ball
12. Top Ten
13. Wing Wizard
14. Work the Wings

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> 1v1 / 2v2 Goals	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Co-ordination Locomotion / Agility Invasion Games <b>Intensity Level:</b> Low to moderate
<b>Description:</b> In a 10x10 coned area set up a goal (3-4 metres wide) at one end. Players dribble a ball from opposite side and attempt to score a goal passed a nominated goalkeeper.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Different balls (basketball, football, netball, rugby ball)</li> <li>• Hockey sticks</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Use a different dribbling / passing method each time.</li> <li>• Set up an obstacle course for the player to navigate before attempting to beat the goalie.</li> <li>• Progress to 2v1, 3v2 with both passive and active defenders.</li> <li>• Set up a goal at both ends for 2v2 / 3v3 mini games.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Eyes on ball</li> <li>• Keeping possession</li> <li>• Give and go</li> <li>• Creating space in attack and defence—moving into space, passing into space</li> <li>• Utilising width and depth of court</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Teamwork</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Attack v Defence Waves	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> High
<b>Description:</b> 2 children attack a goal defended by 2 other children. When the attackers score, they become defenders with the defenders leaving the court/pitch, 2 more players enter the court/pitch to become attackers. Players rotate in waves onto the pitch to take up these roles.  Advanced version involves 2 teams with 2 players each on court/pitch at a time. Attack v defence as above but once attacking team scores the defensive team are replaced by 2 team mates with starting positions one each side of the court/pitch one quarter of the way up the court/pitch. This will test the original attackers to defend against counter attack with potential for attacking advantage.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Cones or markers</li> <li>• Goals or Basket</li> <li>• Balls</li> <li>• Bibs</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Variation of sport that game based upon (E.g. football, basketball, rugby, hockey etc.).</li> <li>• Counter attack version.</li> <li>• Change starting position of next attackers to increase or reduce their advantage over defenders.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Reactions to situations which present themselves (e.g. to attack quickly to create 2 v 1 situations).</li> <li>• Ability to stop and change direction.</li> <li>• Ability to pass and move.</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Tactical development.</li> <li>• Mental development.</li> <li>• Creativity.</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Catch Tennis	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Coordination Locomotion / Agility Net / Wall Games <b>Intensity Level:</b> Moderate to High
<b>Description:</b> The purpose is for the children to learn strategies for moving the ball around a playing area and the importance of placing the ball in different spots. Each child has a partner. Each pair has a ball and a coned area to play in. The idea is for the students to throw and catch the ball instead of hitting it with a racket. This will allow for greater control and a longer rally. Many games strategies and rules can be coached in this fashion. E.g. throw the ball away from your partner to make it harder for him/her to get it.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Different balls (tennis, basketball, football etc.).</li> <li>• Agility balls.</li> <li>• Badminton/volleyball net (or simple line of cones on ground can also be used).</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Practise throwing and catching with both left and right hands.</li> <li>• Introduce 1v1, 1v2, 2v2 etc.</li> <li>• Use larger balls.</li> <li>• Use of different techniques with larger balls – push/pull/side throws.</li> <li>• More advanced children could use an agility ball.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Concentration</li> <li>• Good throwing stance.</li> <li>• Use of kinetic chain – especially torso rotation when throwing larger balls.</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Teamwork</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Foot Tennis Knock Out	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination  <b>Intensity Level:</b> Moderate to High
<b>Description:</b> <ul style="list-style-type: none"> <li>• Group split into 2 even teams and line up at either end of a badminton sized court.</li> <li>• Use bench/net or cones as net divider in middle of court.</li> <li>• 1 player begins with ball and serves across the net to opponent.</li> <li>• Receiving player must only let the ball bounce once and send the ball back over the net.</li> <li>• If a player misses the ball or it bounces twice, then they are eliminated from their team.</li> <li>• Game continues until all players from 1 team are eliminated.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Net/bench</li> <li>• Cones</li> <li>• Soft balls (variety of sizes)</li> <li>• Balloons</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Allow more bounces between passes.</li> <li>• Players can catch ball depending on ability level.</li> <li>• Introduce equipment such as tennis rackets and balls.</li> <li>• Condition game allowing only certain body parts to contact ball.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Centre of Gravity</li> <li>• Stable base</li> <li>• Sending technique</li> <li>• Readiness for movement</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Rules of the game and lines used / Character &amp; Caring.</li> <li>• Agility aspects</li> <li>• Speed work</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> No Dribble Basketball	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Coordination Locomotion / Agility Invasion Games <b>Intensity Level:</b> Moderate to High
<b>Description:</b> This game can be played 2 v 2; 3 v 3; or 4 v 4, so divide the children into teams based on what size of game you want to use. There is no dribbling allowed. Players must pass the ball. When a basket is made, the other team retrieves the ball and moves up court. Defensive players cannot take a ball from an offensive player, or knock it out of their hands. They can intercept or knock down passes.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Different balls (tennis, basketball, football etc.)</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>With and without communicating.</li> <li>2 minutes of only a certain type of pass: bounce, chest, overhead.</li> <li>Certain number of passes before any shooting attempts.</li> <li>Can be played as benchball if not nets available or too high/too far apart.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Concentration</li> <li>Good passing technique</li> <li>Lack of spatial/auditory awareness</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Co-operation / Character and Caring</li> <li>Teamwork / Connection</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> No dribble Handball	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Coordination Locomotion / Agility Invasion Games <b>Intensity Level:</b> Moderate to High
<b>Description:</b> This game can be played 2 v 2; 3 v 3; or 4 v 4, so divide the children into teams based on what size of game you want to use. There is no dribbling allowed. Players must pass the ball. When a goal is scored, the other team retrieves the ball. Defensive players cannot take a ball from an offensive player, or knock it out of their hands. They can intercept or knock down passes.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Handballs/Medium size softballs</li> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• With and without communicating.</li> <li>• 2 minutes of only a certain type of pass: bounce, chest, overhead.</li> <li>• Certain number of passes before any shooting attempts.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Concentration</li> <li>• Good passing technique</li> <li>• Lack of spatial/auditory awareness.</li> <li>• Children are utilising correct passing options.</li> <li>• Poor communication.</li> <li>• Quality of passing and catching.</li> <li>• Players standing</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Co-operation / Character and Caring</li> <li>• Teamwork / Connection</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> One / Two Touch Football	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Co-ordination Invasion Games <b>Intensity Level:</b> Low to Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Split group into pairs.</li> <li>• Line up opposite each other.</li> <li>• Pass football using inside/outside/front of foot whilst stationary.</li> <li>• Use both feet.</li> <li>• Use two touches initially then reduce to one touch.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Footballs</li> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Pass and receive whilst moving.</li> <li>• 2v1, 3v1. (piggy in the middle)</li> <li>• Turn into a match with goals at both ends</li> <li>• Timed passes e.g. how many passes in 1 min?</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Concentration</li> <li>• Good passing technique.</li> <li>• Communication between players</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection / Teamwork</li> </ul>	<b>Coach's Comments:</b>	



Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Passing Lines	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> High
<b>Description:</b> In small groups, children line up between 2 hoops on the ground. The hoop at one end of the line has several balls within (even numbers of balls in the start hoop for each team). Children spread out along the line and pass the ball along the line to transfer the ball towards the finish hoop. The finish hoop should be far enough away that children require the first in the line to move to last after they have passed the first ball to form the next link in the chain, the second in the line and so on. Once a ball is worked to the finish hoop the team run to the start hoop to move on with the second ball.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Hoops or cones</li> <li>• Balls from any sport/s</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• At the end of the line insert a target to score in (e.g. basketball hoop or goal).</li> <li>• To reduce difficulty remove need for children to move to be the next link in the line by bringing finish hoop closer so balls can be placed in it by the last child in the line.</li> <li>• Turn the start hoop for one team into the end hoop for another to make it a challenge as to who can empty the finish hoop of the opposing team or reduce the number of balls within it the most.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Chain of movement / coordination required by the pass.</li> <li>• Ability to turn and stop quickly.</li> <li>• Weight transfer in pass.</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Creativity (problem solve 'how' to transfer over distance required to place ball in hoop).</li> <li>• Connection to teammates.</li> <li>• Confidence through passing a distance which is achievable for them.</li> <li>• Communication with others.</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Piggy in the Middle	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination
		<b>Intensity Level:</b> Moderate to High
<b>Description:</b> <ul style="list-style-type: none"> <li>• Children in groups of 3-4</li> <li>• Children set up 2v1 or 3v1 (triangle). The aim is to pass the ball until the one in the middle gets a touch (or intercepts it). Whoever made the intercepted pass goes in the middle.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (basketball, tennis, football, rugby, etc.)</li> <li>• Hockey stick/Rackets</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Restrict/Allow movement on the passers</li> <li>• Restrict/Allow movement of the defender</li> <li>• With older children, introduce movement (i.e. the passers are trying to go from A to B without the piggy intercepting it)</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Width of base</li> <li>• Height of CoG</li> <li>• Hand/Elbow position</li> <li>• Hand/Elbow/Wrist Action (follow through)</li> <li>• Kinematic chain from toes to finger tips</li> <li>• Hands ready to receive the pass</li> <li>• Call for pass/ Call name</li> <li>• If D's Hands High/Pass Low and vice versa</li> <li>• Fake a pass to make a pass</li> <li>• Timing of pass and move action (older kids)</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Team work</li> <li>• Concentration</li> <li>• Spatial awareness (movement into space and anticipation of movement)</li> </ul>		

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Roll 1v1/2v1/2v2	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Coordination Invasion Games <b>Intensity Level:</b> Low to Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Split group into pairs initially.</li> <li>• Pairs line up 6 – 10 metres apart (depending on age and ability), facing each other and defending a small goal (2 cones).</li> <li>• They each take turns to roll the ball at each other's goal.</li> <li>• First to 5 wins.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Different balls (tennis, basketball, football etc.)</li> <li>• Reaction balls</li> <li>• Cones</li> </ul>	
<b>Variations</b> <ul style="list-style-type: none"> <li>• Introduce 2v1, 2v2.</li> <li>• Use different types of balls.</li> <li>• Use weaker hand.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Concentration.</li> <li>• Good rolling stance.</li> <li>• Readiness of defenders.</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection / Teamwork</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Team Tag Ball	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> High
<b>Description:</b> <ul style="list-style-type: none"> <li>• Split players into 2 teams.</li> <li>• Mark out coned area.</li> <li>• Team 1 are the catchers, they must pass the ball around the area and try to touch opponents with the ball.</li> <li>• Aim is to get as many players tagged with the ball as quickly as possible.</li> <li>• Cannot throw the ball, must maintain contact when tagging an opponent.</li> <li>• Cannot move with the ball.</li> <li>• Once an opponent has been tagged, they must go outside of zoned area and carry out a forfeit. E.g. 5 star jumps/shuttles.</li> <li>• Once completed, they can return to the game.</li> <li>• Teams swap roles after 1 minute.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> <li>• Bibs</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Any players who get tagged can either join the other team or else are out of game.</li> <li>• 30 seconds to eliminate as many as possible.</li> </ul>		
<ul style="list-style-type: none"> <li>• <b>Keep an eye on:</b></li> <li>• Throwing technique</li> <li>• Quality of movement/Readiness</li> <li>• Catching</li> <li>• Players standing rather than anticipating next pass/move</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Team work</li> <li>• General Fitness</li> <li>• Game rules</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Top Ten	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination  <b>Intensity Level:</b> Low
<b>Description:</b> <ul style="list-style-type: none"> <li>In pairs children take turns throwing the ball up into the air and letting it bounce as many times as they want before they catch it. The number of catches is the score. First to 10 catches wins.</li> <li>If the child doesn't catch the ball, it's a 'no score'</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Balls (football/basketball/netball/tennis)</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>Play with different balls</li> <li>With older kids, allow the non-thrower to disrupt the catch by trying to get in the way</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Height of CoG</li> <li>Feet positioning</li> <li>Cradling the ball</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Limited opposition</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Wing Wizard	<b>Target:</b> 9-11yrs	<b>FMS/FSS Main Category:</b> Invasion games  <b>Intensity Level:</b> High
<b>Description:</b>  A pairs game to develop a shooting opportunity from wing play <ul style="list-style-type: none"> <li>• Players line up in pairs – one player as a shooter and one as a wide player.</li> </ul> <p style="text-align: center;">A A A shooters -----&gt;</p> <p style="text-align: right;">GOAL</p> <p style="text-align: center;">B B B wide players -----&gt;</p> <ul style="list-style-type: none"> <li>• The shooter starts by making a pass to the wide player</li> <li>• The wide players then runs down the wing with the ball before delivering a cross to the shooter</li> <li>• The shooter must collect the cross and score a goal.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Discs</li> <li>• Bibs</li> <li>• Footballs</li> <li>• Hockey Sticks &amp; Balls</li> <li>• Handballs</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Hockey / Handball / Football.</li> <li>• Add in goal keeper and then defenders.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• body position</li> <li>• movement</li> <li>• co-ordination</li> <li>• Passing</li> <li>• communication</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Develop Team work</li> </ul>	<b>Coach's Comments:</b>	

